

# Being Positive

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

☐

Heart

☐

Mind

☐

Body

☐

Breath

☐

Environment

*To begin this Meditation, please bring kind awareness to*

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



### DAILY

1. What will make you happy today?

2. What beauty do you see in your world today?

3. What is the foundation of your world today?

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4. In what new way(s) can you express yourself today?

### WEEKLY:

Please take 20-30 minutes each week and address the following questions:

1. What new ideas do you have this week?

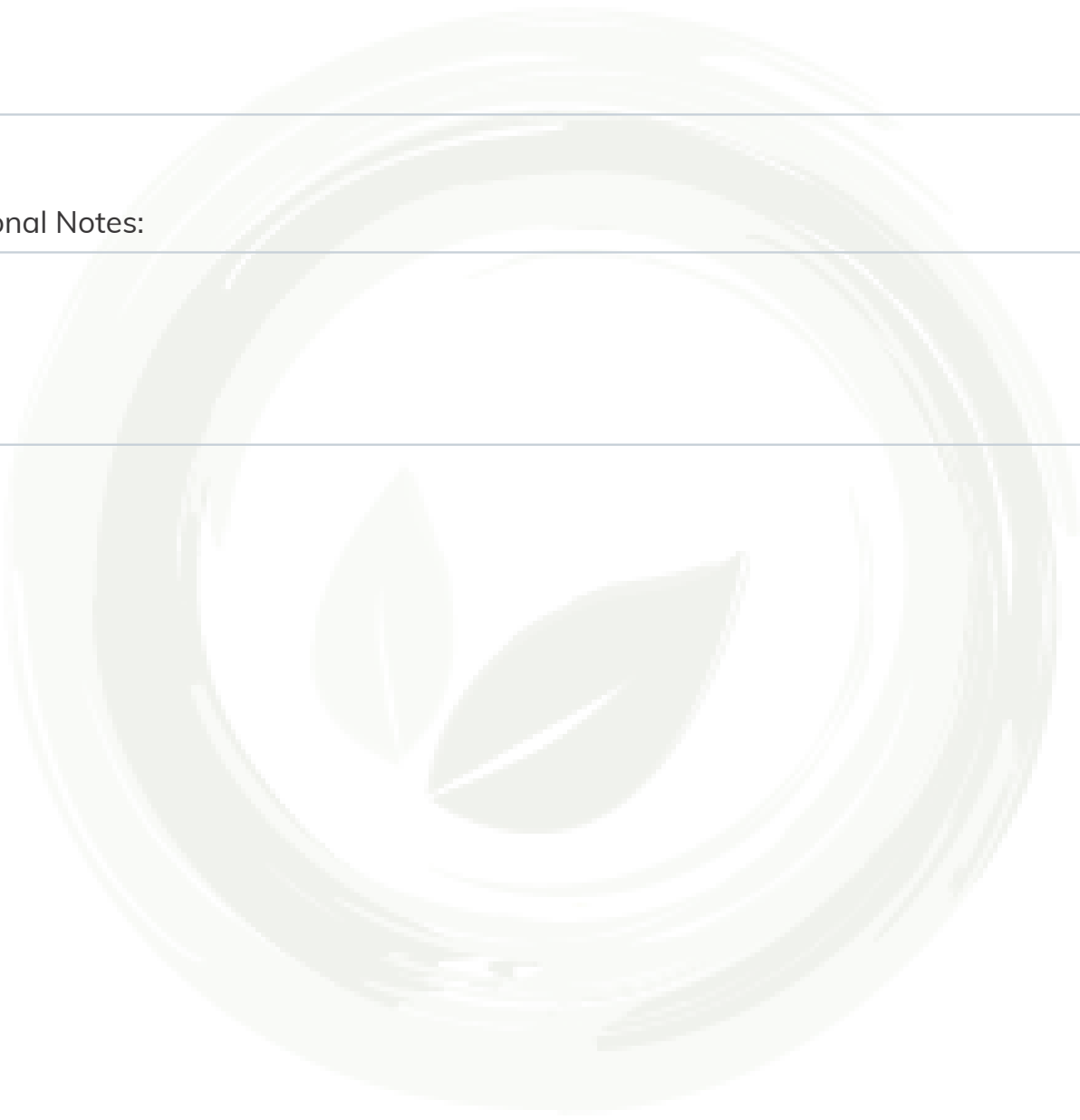
2. Around what are you directing your life this week?

3. How do you see your future?

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4. What are the events, circumstances, people that you made the most difference with this week?



Additional Notes: